Stephanie Antoniou

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Date of Birth: 18/11/2001



Profile

First-Class Chemistry graduate with an MSc in Sports and Exercise Sciences (Distinction), offering expertise in chemical synthesis and characterization, quality control, statistics, and advanced research. Proven track record in conducting cutting-edge experiments in organic chemistry, biochemistry, and exercise science, focusing on improving human health through research on physical activity and nutrition in clinical populations. Looking forward to apply advanced laboratory and research skills in the field of health with a focus on chemistry, biochemistry, and exercise endocrinology, contributing to innovative scientific advancements.

Education

2023-2024: **MSc (Hons) Sports and Exercise Sciences with Distinction** | University of Central Lancashire

- Relevant Modules: Research Methods, Exercise & Special Populations, Advanced Skills for Sports Science.
- Master thesis: "The Impact of Regular Moderate-Intensity Exercise on the Thyroid Hormones, Resting Metabolic Rate, Heart Rate Variability, and Quality of Life of Controlled Hashimoto's Disease and Hypothyroid Female Patients".
- Developed expertise in exercise testing, health statistics, and clinical population studies.
- Gained advanced knowledge in research methodologies and exercise physiology, specializing in populations with thyroid dysfunction.

2019-2022: **BSc (Hons) Chemistry with First Class** | University of Chester

- Relevant Modules: Medicinal Chemistry & Drug Design, Analytical Chemistry, Inorganic Chemistry, Sustainable Chemistry, Biochemistry, Biotechnology, and Physical Chemistry.
- Dissertation: "Synthesis and Characterization of Novel Trans-Platinum Anticancer Drugs".
- Acquired strong practical skills in chemical synthesis, analytical methods, and drug development.

Work Experience

November 2024-Present: **Project Manager/Researcher | INQUIRIUM Ltd**

- Manage and implement Erasmus+ Sport projects that explore innovative approaches to exercise sciences, aiming to promote physical activity and optimize physical education.

November 2024-Present: **Scientific Associate | Healthia Greece**

- Write evidence-based blogs on supplements, health, wellness, and nutrition while ensuring scientific accuracy as a content advisor.

2024: Quality Control Chemist | Cyprus Millers by Hadjigiorkis

- Performed detailed chemical analysis and quality testing on flour products, ensuring full compliance with industry standards and safety protocols while maintaining accurate records.

2022-2023: Teaching & Laboratory Assistant | University of Cyprus

- Assisted in the Organic Chemistry laboratory, guiding students in experiments, data collection and analysis, and grading assignments.
- Helped students improve their laboratory skills.
- Assisted in the Biochemistry module providing academic guidance and preparing course material.

Research

2023-present: Active participation in the Cambridge ReachSci *"Food Science and Sports Nutrition mini-PhD global program"*

- Collaborated with researchers globally to conduct interventional studies and systematic reviews on sports nutrition.
- Gained extensive experience in study design, data collection, and statistical analysis.
- Awarded with a ReachSci Silver Research Champion badge (2024).
- Ongoing research: "Effect of acute taurine supplementation on maximal strength and anaerobic power".

Publications

Georgiou, G. D., Antoniou, K., **Antoniou, S.**, Michelekaki, E. A., Zare, R., Redha, A. A., . . . Clifford, T. (2024). Effect of Beta-Alanine Supplementation on Maximal Intensity Exercise in Trained Young Male Individuals: A Systematic Review and Meta-Analysis. *International Journal of Sport Nutrition and Exercise Metabolism*, 1-16. doi:https://doi.org/10.1123/ijsnem.2024-0027

Conference Presentations

- 2nd of November 2024
  2nd Pancyprian PASYPEFAA (ΠΑΣΥΠΕΦΑΑ) Conference held in Nicosia, Cyprus
  Title of presentation 'The Impact of Regular Moderate-Intensity Exercise on the Thyroid Hormones, Resting Metabolic Rate, Heart Rate Variability, and Quality of Life of Controlled Hashimoto's Disease and Hypothyroid Female Patients'.

Key Skills

Chemical/Biochemical Laboratory Skills

- Proficient in chemical and biological experimentation: organic/inorganic synthesis, DNA/RNA extraction, ELISA testing, measuring antioxidant activity, and more.
- Expertise in chromatographic techniques (including TLC, HPLC), Mass Spectrometry, UV-vis, NMR, and IR Spectroscopy.
- Experience with platinum-based anticancer drug synthesis and characterization techniques.

Quality Control & Analysis

- Expertise in quality assurance processes, including detailed product testing and record-keeping.
- Compliance with safety regulations (SHE, COSHH) to ensure safe laboratory environments.
- Skilled in troubleshooting and improving chemical testing protocols.

Sports & Exercise Laboratory Skills

- Proficient in metabolic analyzers, HRV monitoring, and treadmill/cycle ergometry.
- Knowledgeable in ECG and EMG operations and interpretation of results.
- Experienced in interventional studies on clinical and healthy populations.
- Conducted supplement intervention studies as well as systematic reviews and meta-analyses.

Software & Data Analysis

- Expertise in SPSS, COPASI, MATLAB, MOE, RevMan, SciFinder, and ORIGIN for data modeling and analysis.
- Strong proficiency in Microsoft Office Suite (Excel, Word, PowerPoint) for data presentation and reporting.

Additional Qualifications

- 2023: Certified in Venipuncture Theory and Practice
- 2024: First Aid Certified
- 2024-Present: Course in **Biostatistics in Public Health Specialization**, John Hopkins University
- Languages: Fluent in English and Greek.

References available upon request.